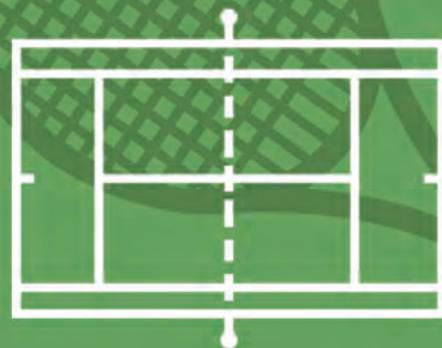


TOP 10 REASONS TO PLAY TENNIS

the sport for a lifetime



YOUR BODY

Get Fit

Lose Weight, Burn Calories—
An hour of singles play can
burn 580–870 calories.

According to Oja, et al, Brit J Sports Med, 2016

Live Longer

Playing just 3 hours/week
will reduce your risk of
heart disease 56%.

According to a 2016 Harvard University study

Strengthen Heart, Muscles and Bones

Compared to other sports,
tennis players have the
lowest incidence of
cardiovascular disease.

40-year study conducted by Johns Hopkins University

Develop Hand-Eye Coordination

Playing tennis involves several
skills that all contribute to good
hand-eye coordination. You can
improve your agility, balance,
coordination, reaction time
and more.

YOUR BRAIN

Reduce Stress

Tennis helps you deal with
physical, mental, social and
emotional challenges,
which increases your
capacity to deal with stress.

Increase Brain Power

From alertness to
tactical thinking, tennis
enhances the neural
connections in your
brain. Kids who play
tennis regularly get
better grades.

According to a 2013 USTA study

Learn to Solve Problems

Tennis is a sport that is
based on evaluating angles,
geometry and physics to get
the best result, which
translates into better problem-
solving off the court.

In the late 1990s, several experts
proposed that tennis, since it
requires alertness and tactical
thinking, may generate new
connections between nerves in the
brain and promote a lifetime of
continuing brain development.
This was supported in John Ratey's
book, "Spark." Ratey was quoted in
USA Today as saying, "A heart-
thumping game of tennis can
keep the brain in top shape."

YOUR LIFE

Enjoy Family and Friends

Great for the whole family
no matter what your age.
With minimal equipment
needed and plenty of courts
nearby, it's easy to bring a
friend or find one at the courts.

Develop Teamwork and Sportsmanship

From doubles play to team
and league play, tennis develops
your ability to communicate and
work together.

Improve Social Skills

Tennis outperforms all
other sports in developing
positive personality
characteristics.

According to a study by Dr. Jim Gavin
at Concordia University

playtennis

Tennis is FUN! Get started TODAY!

Let TENNIS add years to your life – and life to your years!
Go to USTA.com or PlayTennis.com to find a place to play!